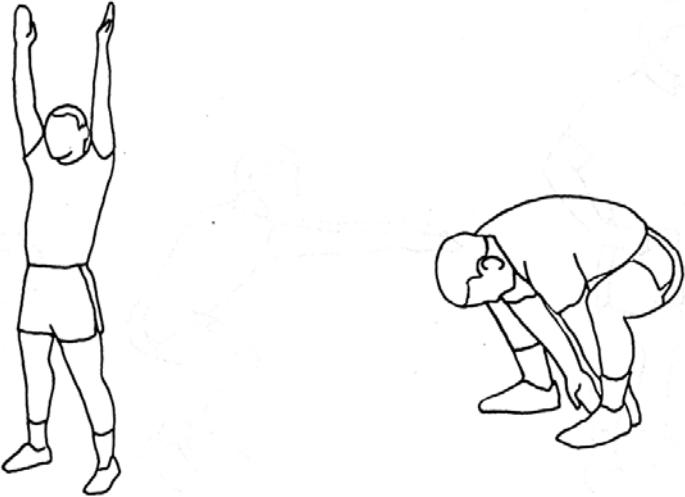


# Reserve Component Physical Training Program

## Appendix B. Conditioning Drill 1

### Conditioning Drill #1, Exercise #1

**BEND AND REACH**

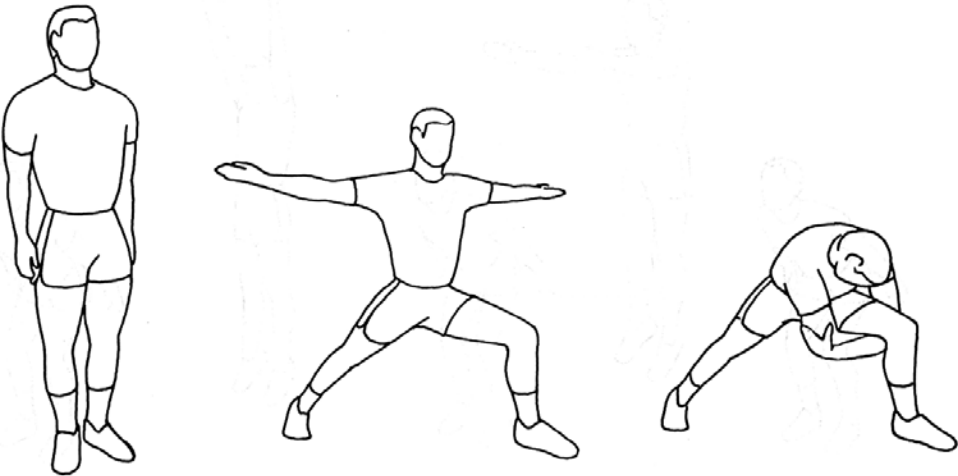


**Position:** Stand in a wide, side-straddle position with the palms facing each other and the arms overhead and straight.

**Action:** (1) Bend at the knees and waist. Slowly bring the arms down, and reach between the legs as far as possible. Make sure the angle formed by the upper and lower leg is never less than 90 degrees. (2) Recover slowly to the start position. (3) Repeat action 1. (4) Repeat action 2. Use a slow cadence.

### Conditioning Drill #1, Exercise #2

**LUNGER**



**Position:** Start from the position of attention.

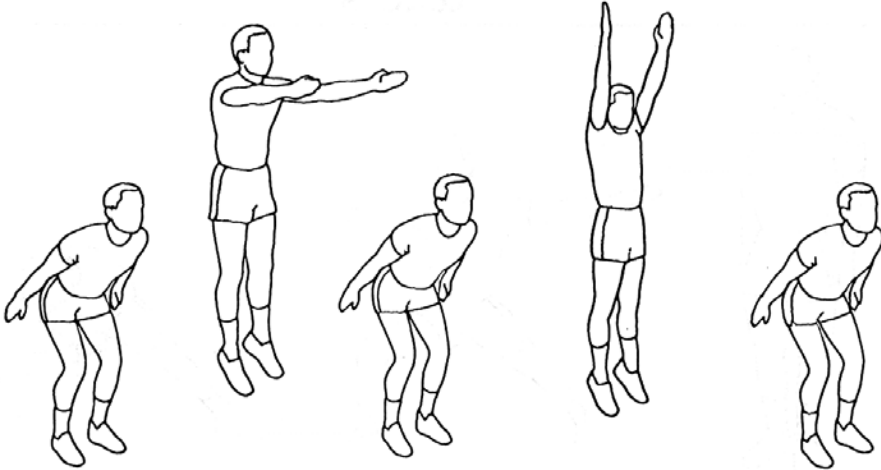
**Action:** (1) Lunge diagonally forward to the left by stepping in that direction with the left foot, placing the left knee over the left foot. At the same time, place the arms sideward at shoulder level, the palms up, and the head and shoulders squarely to the front.

(2) Bend slowly forward and downward over the left thigh, and wrap the arms around the thigh, hands grasping the opposite arms above the elbows. (3) Recover slowly to the second position by releasing the arms, straightening the trunk, and extending the arms sideward, palms up. (4) Resume the position of attention by dropping the arms and returning the left foot to the side of the right. Repeat the exercise to the right side. Use a moderate cadence.

## Reserve Component Physical Training Program

### Conditioning Drill #1, Exercise #3

### HIGH JUMPER



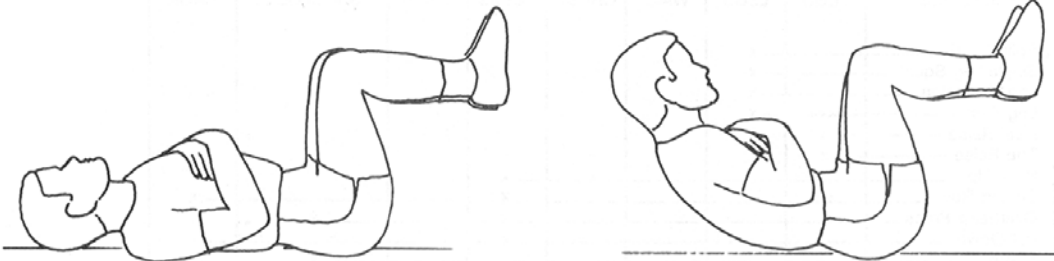
**Position:** Place the feet about shoulder-width apart with the knees flexed. Bend forward at the waist, aligning the arms with the trunk and hips. Keep the arms straight at all times during the exercise. Keep the palms facing each other with the head and eyes initially to the front.

**Action:** (1) Take a slight jump into the air while swinging the arms forward and up to shoulder level. (2) Take a slight jump while swinging the arms backward, returning to the start position. (3) Jump strongly upward while swinging the arms forward and up to the overhead position; at the same time, briefly look skyward. While descending, return the head and eyes to the front, and flex the knees. (4) Repeat action 2. Use a moderate cadence.

### Conditioning Drill #1, Exercise #4

### ABDOMINAL CRUNCH

This exercise is for the rectus abdominis muscle.





**Position:** Lie on your back with both legs bent at the knees and the upper legs at right angles to the floor. Your arms should be crossed at chest level with the palms of the hands on their opposite shoulders. Your ankles may be crossed but, in all cases, the feet should not touch the floor.




**Action:** Roll up your upper body by first lifting your head and tucking the chin. Next, curl your spine by rolling the upper back and then the lower back off the floor. Pause briefly in the up position while tensing the abdominal muscles. Return in a slow, controlled manner to the starting position by "unrolling" the upper body. Do 20 to 50 repetitions to muscle failure. **Use a slow cadence.**

## Reserve Component Physical Training Program

### Conditioning Drill #1, Exercise #5

KNEE BENDER	
	
<p><b>Position:</b> Stand with the feet shoulder-width apart, hands on the hips, the thumbs in the small of the back, and the elbows back.</p>	<p><b>Action:</b> Bend at the knees, lean slightly forward at the waist with the head up, and slide the hands along the outside of the legs until the extended fingers reach the top of the boots or the middle of the lower leg. (2) Recover to the start position. (3) Repeat action 1. (4) Repeat action 2. Use a moderate cadence.</p>

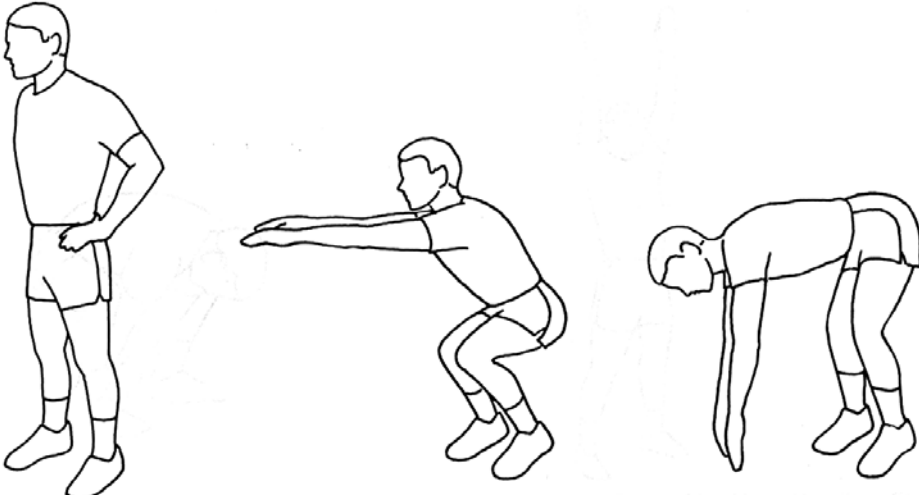
### Conditioning Drill #1, Exercise #6

SIDE-STRADDLE HOP		
		
<p><b>Position:</b> Assume the position of attention.</p> <p><b>Action:</b> (1) Jump slightly into the air while moving the legs more than shoulder-width apart, swinging the arms overhead, and clapping the palms together. (2) Jump slightly into the air while swinging the arms sideward and downward and returning to the position of attention. (3) Repeat action 1. (4) Repeat action 2. Use a moderate cadence.</p>		<p><b>Variation:</b> (1) Jump slightly into the air while moving the left leg forward and the right leg backward, swinging the arms overhead, and clapping the palms together. (2) Jump slightly into the air while swinging the arms sideward and downward and returning to the position of attention. (3) Repeat the jumping and arm movements of action 1 while moving the right leg forward and the left leg backward. (4) Repeat action 2. Use a moderate cadence.</p>

## Reserve Component Physical Training Program

### Conditioning Drill #1, Exercise #7

### SQUAT BENDER

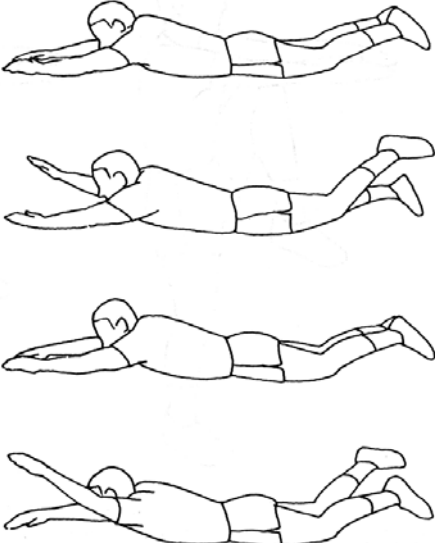


**Position:** Stand with the feet shoulder-width apart, hands on hips, thumbs in the small of the back, and the elbows back.

**Action:** (1) Bending the knees, lower yourself to a half-squat position while maintaining balance on the balls of the feet. With the trunk inclined slightly forward, thrust the arms forward to shoulder level with the elbows locked and the palms down. (2) Recover to the start position. (3) Keeping the knees slightly bent, bend forward at the waist, touching the ground in front of the toes. (4) Recover to the start position. Use a moderate cadence.

### Conditioning Drill #1, Exercise #8

### THE SWIMMER



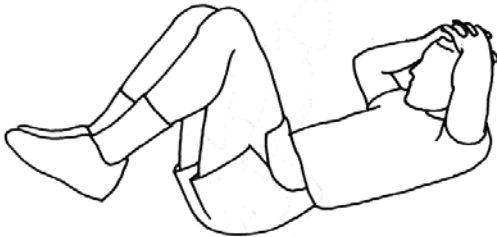
**Position:** Lie prone with the feet together and with the arms together and extended forward in front of the body. Keep the arms and legs straight at all times during this exercise.

**Action:** (1) Move the right arm and left leg up. (2) Return to the start position. (3) Move the left arm and right leg up. (4) Return to the start position. Continue in an alternating manner. Use a moderate cadence.

## Reserve Component Physical Training Program

### Conditioning Drill #1, Exercise #9

#### SUPINE BICYCLE



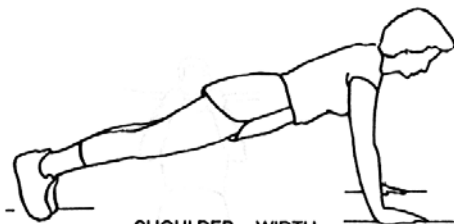
**Position:** Assume a supine position with the hips and knees flexed. Place the palms directly on top of the head with the fingers interlaced.



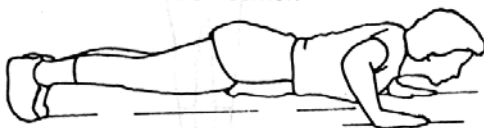
**Action:** (1) Bring the left knee upward while curling the trunk upward, and touch the right elbow to the left knee. (2) Repeat action 1 with the other leg and elbow. (3) Repeat action 1. (4) Repeat action 2. Use a slow cadence.

### Conditioning Drill #1, Exercise #10

#### PUSH-UP



SHOULDER - WIDTH  
HAND POSITION



**Position:** Assume the front-leaning rest position with the hands placed comfortably apart, the feet together or up to 12 inches apart, and the body forming a generally straight line from the shoulders to the ankles.

**Action:** Keeping the body straight throughout the exercise, lower the body until the upper arms are at least parallel to the ground. Then, push yourself up to the initial position by completely straightening the arms. Use a moderate cadence.

PUSH - UP ON KNEES



**Push-Up Variations:** To train the muscles more completely, place the hands at varying widths. They may be wider apart or closer together than shoulder width. Elevating the feet to different heights makes push-ups more difficult. The higher the feet, the more difficult the exercise. Push-ups are also more difficult when the hands and feet are placed on boxes or chairs. This helps the soldier exercise through a fuller range of motion. To do extra repetitions when fatigued, drop to the knees while keeping the knees, hips, and shoulders in a straight line.